

bariatric beat

Mount Sinai's Bariatric Nutrition & Health Monthly Newsletter

The November List

This month's shopping list is full of savory, fiber-rich, and nutritious foods loaded with vitamins A, B, C, and K that will make your soups and salads delicious and satisfying. Check out the recipes in the newsletter for cooking inspiration.

VEGETABLES

- Beans
- Beets
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Collard Greens
- Fennel
- Leeks
- Mesclun
- Onions
- Parsnips
- Potatoes
- Pumpkins
- Squash
- Sweet potatoes
- Turnips

FRUIT

- Apples
- Pears
- Pomegranates



Stair Climbing



FEATURED WORKOUT

BURN UP TO 945 CALS PER HOUR

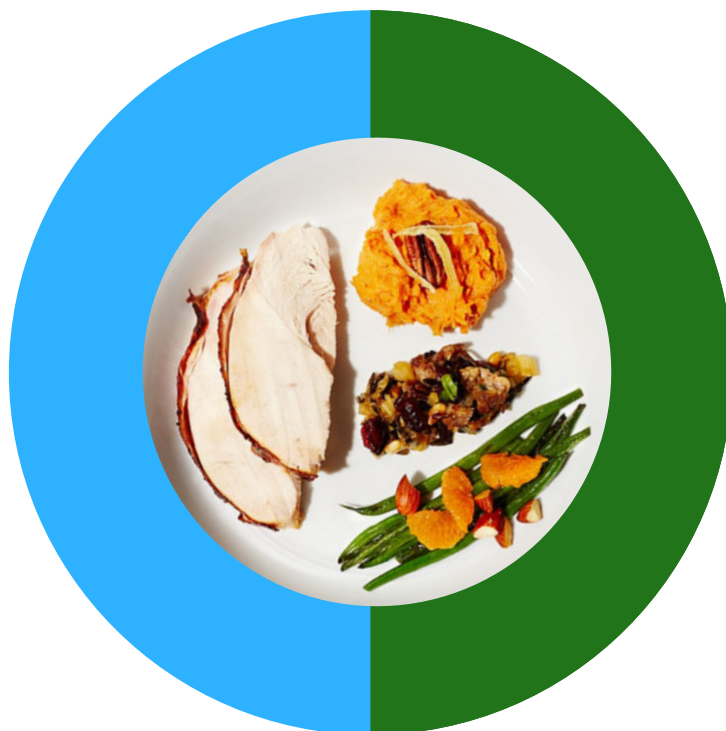
Time to kick it old school with some good ol' stair climbing. Ever noticed how your heart beats harder and faster after climbing 1-2 flights of steps? Now imagine the type of workout you would get if you did that for 30 minutes! Climbing and running up steps is an excellent form of cardio; it can improve agility, decrease heart rate, improve breathing, and it helps to zap away all that unwanted body fat. Add it to your weekly routine, aim for 30 minutes four days a week. Try different combinations; skipping every other step, doing two steps at a time, climbing sideways, etc. If this is a new exercise for you start slow; begin with 5-minute sessions, when that becomes easy add 5 more until you can do the whole 30 minutes. Now go summon your inner Rocky Balboa and go fly up those stairs!

What's Inside?

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STAIRS WEIGHTS

HOLIDAY CHEAT SHEET



Eat smart: The key to enjoying holiday meals is to follow the 50/50 rule: 50% protein, 50% fiber. Make half your plate proteins, and the other half fiber. Limit your fats to keep your calories low and to avoid indigestion. **Always eat your protein first, followed by vegetables, and lastly – if there is more room in your stomach – have some starches.** Consider fats optional, and only include them in your meal if you know they won't be too heavy for you or give you an upset stomach. If you eat what matters first you won't get too side-tracked during these holiday feasts. Keep in mind that a bariatric stomach benefits from a low-sugar and low-fat diet, so whatever protein and fiber foods you pick make sure they are low in sugar and fat.

PROTEINS

- Turkey
- Ham
- Chicken
- Yogurt
- Fish
- Beef
- Eggs
- Seafood
- Tofu

FIBER

VEGETABLES

- Green beans
- Salad
- Broccoli
- Cauliflower
- Carrots
- Squash
- Brussels sprouts
- Tomatoes
- Peppers

FIBER

STARCHES

- Sweet potatoes
- Brown rice
- Whole grain pasta
- Whole wheat bread
- Quinoa
- Bulgur
- Corn
- Oats
- Whole grain cereal

FAT

- Gravy
- Olives
- Butter
- Olive oil
- Coconut oil
- Avocado
- Salad dressing
- Cream cheese
- Whipped cream

Photo by: Good Housekeeping



USE THE HIGHLY NUTRITIOUS SWEET POTATO TO CREATE AN EASY AND SATISFYING ALL-IN-ONE MEAL

Loaded Sweet Potatoes

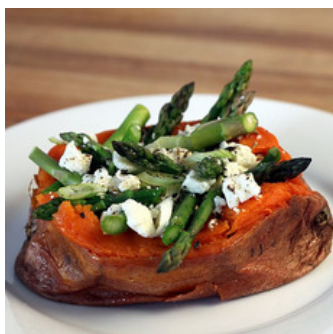
Makes 4 servings; each serving has 90 calories, 2 grams of protein, 20 grams of carbs, 0 grams of fat

Ingredients

2 large sweet potatoes

Directions

1. Clean sweet potatoes under running water and pat dry.
2. Pierce the sweet potato skin with a fork 5 to 6 times.
3. Place the sweet potatoes on a microwave-safe plate and microwave for 5-10 minutes—five minutes to cook one sweet potato in the microwave, and add two minutes for each additional potato—rotating them halfway through the cooking time.
4. You are done microwaving your sweet potatoes when a fork pierces them easily. If they are too firm, continue to cook your sweet potatoes in the microwave in one-minute increments.
5. Let cool for 5 minutes, and cut in half.
6. Add desired protein and vegetable toppings.



PROTEINS

- | | |
|-----------------|--------------------|
| Pulled chicken | Low-fat mozzarella |
| Turkey bacon | Low-fat ricotta |
| Low-fat sausage | Low-fat cheddar |
| Ground beef | Goat cheese |
| Salmon | Blue cheese |
| Black beans | Almond cheese |
| Ground tofu | Pumpkin seeds |
| Greek yogurt | Cooked eggs |

VEGETABLES

- | | | |
|------------------|----------|------------|
| Beet greens | Peas | Artichokes |
| Broccoli | Peppers | Eggplant |
| Brussels sprouts | Spinach | Kale |
| Cabbage | Squash | Leeks |
| Carrots | Tomatoes | Onions |
| Collard greens | Olives | Mushrooms |

COMBINATIONS

- Black beans, red peppers, queso fresco
- Chicken, tomatoes, low-fat mozzarella
- Turkey bacon, scallions, Greek yogurt
- Salmon, olives, roasted red peppers
- Pumpkin seeds, almond cheese, pesto

Original Recipe & Photo by: Eating Well



Sweet & Sour Beef-Cabbage Soup

Makes 6 servings; each serving has 239 calories, 34 grams of protein, 1 gram of carbs, 9 grams of fat

Ingredients

1 tablespoon canola oil
 1 pound lean (90% or leaner) ground beef
 1 1/2 teaspoons caraway seeds
 1 teaspoon dried thyme
 2 1/2 cups frozen peppers and onion mix, thawed, chopped
 1 medium Golden Delicious or other sweet-tart cooking apple, peeled, diced
 6 cups reduced-sodium beef broth
 1 15-ounce can crushed or diced tomatoes
 1 tablespoon honey
 1 tablespoon paprika
 3 cups coarsely chopped green cabbage
 1-2 tablespoons apple cider vinegar
 1/4 teaspoon salt
 Freshly ground pepper to taste

Directions

1. Heat oil in a large pot over medium heat. Add beef, caraway seeds and thyme and cook, stirring and breaking up the beef with a spoon, until it is mostly browned, about 4 minutes. Stir in pepper-onion mix and apple; cook, stirring, for 2 to 3 minutes more.
2. Stir in broth, tomatoes, honey and paprika and adjust the heat so the mixture boils gently. Cook for 8 to 10 minutes to blend the flavors. Stir in cabbage and cook just until barely tender, 3 to 4 minutes more. Season with vinegar, salt, and pepper to taste.

Original Recipe & Photo by: Eating Well



Italian Wedding Soup

Makes 8 servings; each serving is 298 calories, 26 grams of protein, 22 grams of carbs, 15 grams of fat

Ingredients

1 pound frozen (or home-made) turkey meatballs
 1 tablespoon extra-virgin olive oil
 1 cup chopped onion (1 medium)
 1 cup chopped carrots (2 medium)
 1 cup chopped celery (2 medium stalks)
 4 cups chopped cabbage (about 1/2 small head)
 8 cups low-sodium chicken broth
 1 15-ounce can white beans, rinsed
 8 cups coarsely chopped escarole or thinly sliced kale leaves (about 1 bunch)
 1/2 cup freshly grated Romano cheese

Directions

1. Heat oil in a large pot over medium heat. Add onion, carrots and celery and cook, stirring, until the onion is translucent, 7 to 9 minutes. Add cabbage, cook and stir for 5 minutes more. Stir in broth, beans, escarole (or kale) and the meatballs. Bring just to a boil, reduce heat to maintain a simmer and cook, stirring occasionally, until the vegetables are tender, 20 to 25 minutes. Top each portion with 1 tablespoon grated cheese.
2. **Make Ahead Tip:** Refrigerate for up to 3 days or freeze for up to 6 months; top with cheese just before serving.

Keep turkey as lean as possible, a higher percentage on the package (90%-99%) means the meat is leaner; it contains less fat

Original Recipe & Photo by: Bon Appetit



Halibut with Sausage, Tomatoes, and Rosemary

Makes 8 servings; each serving has 172 calories, 25 grams of protein, 4 grams of carbs, 6 grams of fat

Ingredients

- 1 pound cherry tomatoes
- 6 garlic cloves, smashed
- 2 sprigs rosemary
- 2 low-fat chicken sausages
- 4 skinless halibut fillets (or any white fish), cut fillets in half
- Kosher salt
- Freshly ground pepper
- 1 tablespoon white wine vinegar
- 1 tablespoon olive oil

Directions

1. Preheat oven to 375°F. Line a large baking dish with two sheets of heavy-duty foil. Add tomatoes, garlic, rosemary, and sausage to dish. Season fish with salt and pepper and set on top of vegetables and sausage. Drizzle with vinegar and oil.
2. Cook until tomatoes are beginning to burst and halibut is opaque all the way through, about 14–16 minutes. Let rest at room temperature a few minutes, and then carefully transfer fish to a platter. Top with tomatoes and cooking juices from baking dish.

Original Recipe & Photo by: Delish



Parmesan Brussels Sprouts Salad

Makes 6 servings; each serving has 194 calories, 10 grams of protein, 19 grams of carbs, 11 gram of fat

Ingredients

- 1 tablespoons extra-virgin olive oil
- 1 tablespoons lemon juice
- 1/4 cup freshly chopped parsley
- Kosher salt
- Freshly ground black pepper
- 2 pounds Brussels sprouts, halved and thinly sliced (8 cups)
- 1/2 cup toasted almonds, chopped
- 1/2 cup pomegranate seeds
- Shaved Parmesan, for serving

Directions

1. Whisk olive oil, lemon juice, parsley, salt, and pepper in a large bowl.
2. Add Brussels sprouts and toss until completely coated.
3. Let sit, tossing occasionally, for at least 20 minutes and up to 4 hours before serving.
4. Sprinkle with almonds and pomegranate seeds before serving, then garnish with shaved Parmesan.



Add some left-over turkey or chicken to this salad for a complete meal!

Photo by: People Magazine



Stuff We're Lovin'

Banza Chickpea Pasta Mac and Cheese

What's that? Nutritious mac n' cheese that actually tastes good? Banza, the chickpea pasta-makers, have created a line of gluten-free mac and cheese that delivers a whopping 18 grams of protein per serving. Each 1/3 cup serving has 260 calories, 8 grams of fat, 36 grams of carbs, and 8 grams of fiber. Serve with some cooked chicken and veggies for a complete and satisfying meal.

Varieties include: Cheddar Cheese Mac, Cheddar Cheese Shells, Deluxe Creamy Cheddar Mac, and White Cheddar Mac. Available at most grocery stores and online.



Supplement Spotlight

Bariatric Fusion, Once Daily Multi-vitamin, Capsule

Bariatric Fusion has recently launched a once daily capsule for those in need of bariatric vitamins. The vitamin includes adequate amounts of vitamins ADEK, iron, thiamin (B1), B12, folate, vitamin C, magnesium, zinc, and biotin.



The capsule does not contain calcium, therefore an additional calcium supplement should be used to complete daily needs. Consult your doctor or dietitian for personalized recommendations.

Directions: Take 1 capsule per day, or as directed.

Supplement Facts

Serving Size: 1 capsule
Servings per Container: 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as retinyl palmitate)	2,250 mcg 250%	Pantothenic acid (as D-calcium pantothenate)	10 mg 200%
Vitamin C (as ascorbic acid)	180 mg 200%	Iron (as ferrous fumarate)	45 mg 250%
Vitamin D (as cholecalciferol)	75 mcg 375%	Iodine (as potassium iodide)	150 mcg 100%
Vitamin E (as d-alpha-tocopheryl succinate)	20 mg 133%	Magnesium (as magnesium oxide)	100 mg 24%
Thiamin (as thiamin mononitrate)	12 mg 1,000%	Zinc (as zinc oxide)	30 mg 273%
Riboflavin	1.7 mg 131%	Selenium (as selenomethionine)	70 mcg 127%
Niacin	20 mg 125%	Copper (as copper oxide)	2 mg 222%
Vitamin B6 (as pyridoxine HCl)	2 mg 118%	Manganese (as manganese gluconate)	2 mg 87%
Folate	1,333 mcg DFE 333%	Chromium (as chromium nicotinate glycinate chelate)	120 mcg 343%
Vitamin B12 (as cyanocobalamin)	560 mcg 23,333%	Molybdenum (as sodium molybdate)	75 mcg 167%
Biotin	600 mcg 2000%		

OTHER INGREDIENTS: Gelatin, Magnesium Stearate, and Silica.

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We always want to hear what creative strategies you've come up with to help you stay on track, send us your thoughts, topic suggestions, or questions so we can include them in next month's newsletter: verona.somarriba@mountsinai.org